

BRIDGES

FASHION:

Street style in
Saskatoon all about
embracing spring **P.14**

ON THE SCENE:

Our best shots from
Sips & Style at LB
Distillers **P.28**

GARDENING:

Erl Svendsen's
top five vines and
groundcovers **P.34**

WEDNESDAY, MAY 7, 2014

A STARPHOENIX COMMUNITY NEWSPAPER



A CUT ABOVE

HAIR STYLIST ALICIA SOULIER IS
ONE OF THE CREATIVE FORCES FOR
SASKATCHEWAN FASHION WEEK
P.4

FREE

READ MY BOOK

LOCAL AUTHORS: Writers tell us what makes their book worth reading

DONNA MILLER

A Family of Our Own: Second book in the Help I'm Naked series

A Family of Our Own is my second book, the sequel to Black Pury of the series Help I'm Naked.

Help Me I'm Naked is a true story about me and my family — mostly the women. It's an accounting of the divorce, the turmoil, and violence we have suffered and its long-lasting consequences over the generations.

It's a letting go of secrets that have kept us captives of our own pasts; secrets that have made us, the victims, feel guilt and shame, a story about abuse, violence.

Help Me I'm Naked is a message that speaks of hope and triumph over confusion, loneliness and despair.

Read my series and you may spot some of yourself in it or at least gain a better un-

derstanding of "why women put up with it" and "why abused children don't speak up."

Black Pury was an award in March for best illustration at the Great North West Book Festival.

Book 1, Black Pury and Book 2, A Family of Our Own, are available at Nickles Worth Publishing and at most bookstores.

You can also get them at the Phoenixville dragstore in Bensenville and Regard at the antique stores in Madison and Delmar. The Bensenville Car Show, The Store in Perle and at Fishers Dragstore in Buffalo book, Black Pury is also available on K book.

Check out Black Pury on Facebook for dates of readings and signings from both of my books. I live just outside of Annapolis.



author Donna Miller



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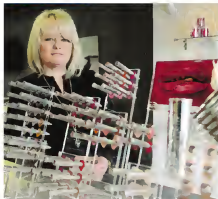
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ON THE COVER PG. 4



See Linda's chic, on-the-cover look for Saskatchewan Fashion Week. #BRIDGES Photo by KIM KIM © 2014

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If you're determined to drink Apogee™ The Series Malbec is a reasonable choice.

FASHION P. 14



Patricia Stacey poses on College Drive as Bridges has the streets of Saskatoon for springtime inspiration. #BRIDGES Photo by MICHELLE BERG

CORRECTION:

Artist Elery Russell's name was misspelled in the words listing in the April 30 issue. Her *Believing Act* show is currently on display at the Innovation Place Gallery.

BRIDGES COVER PHOTO BY MICHELLE BERG

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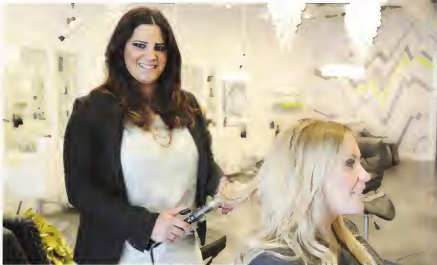
ON THE COVER

Our community in general is small but the creative community is really big.

— Sara Lindsay

SASKATCHEWAN FASHION WEEK

Creativity behind the scenes at Fashion Week



Soulier's Alicia Soulier with model Nicole-Gardner Mercier is the hair/hair stylist on Thursday night at Saskatchewan Fashion Week in Regina. **STYLING: NICOLE-GARDNER MERCIER**

By Ashley Martin

Six models strutsed, yet black, posed against a black background. Their hair makeup and wardrobe pop from the foundation, gilded splendour.

It's a striking look, and one Saskatchewan hair stylist Alicia Soulier dreamt about for years. She wanted to create the effect of a magnet attracting metal objects.

Soulier finally executed the project last February in a 24-hour session at Kurisko Intridia's photoshoot studio in Regina.

The aptly named Black & Gold for which Soulier won a Mirror Award last month (April 5), is just what Saskatchewan fashion is all about: collaboration from all parts of the province.

She employed Intridia, Ridge Agency models from across Sas-

katchewan (including Moose Jaw), fashion designer Laurie Brown and makeup artist Holly Decker both from Saskatoon, and veteran makeup artist Sara Lindsay from Regina.

"I felt like a project of this level, it needed to have the best of the best," said Soulier.

That's why she called on Lindsay. "She is a master (in the craft of makeup). She just has the ability to

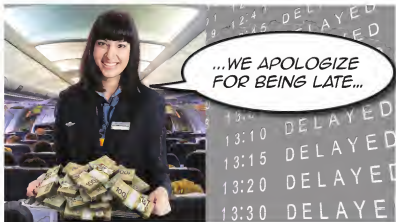
almost create a masterpiece out of things you would never think," said Soulier. "She just does it in a different way and it just gives it an above and beyond kind of look."

The team's consistency was, in part, thanks to the Mirror Awards three years ago when Soulier, Intridia, Lindsay and SFW co-founder Chris Prichard were just four Saskatoon creatives united at the same table.

"Most provinces are like, 'That's my competition, where we're like 'let's network,'" said Soulier.

Fashion is thriving in this province; it's here we can startle two major fashion festivals both aimed to host their third annual events (Saskatchewan Fashion Week in May 8-10 and the Saskatchewan Fashion and Design Festival runs May 26-June 1).

Continued on Page 6



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It's taking everyday looks and pushing them to the limits. So that it looks unusual but somehow it still looks beautiful and your eye can't figure out why. — Lindsay



Part gals for Saskatoon's Fashion Week: Makeup coordinator Sara Lindsay (right) and Lindsay Lindsay (left) at the Fashion Week in New York City. (Lindsay Lindsay photo by Lindsay Lindsay)

"Our community in general is small but the creative community is really big," said Lindsay. "Everyone just works our industry to grow."

"It's kind of reminds me of a flower where we bloom together," said Lindsay, who is returning to SPW this year as Thursday night's lead hair stylist. "It just feels like we're really part of a bigger picture by coming together and creating one big show."

♦ ♦ ♦ ♦

It's ironic: The thing that has defined Sara Lindsay's career is not something she likes doing here.

For almost two decades, Lindsay has made a living with makeup—doing personal consultations, selling products, making up brides for their big day and fashion models for photo shoots and runway shows.

Though her work hinges on makeup, she doesn't push to use—it actually doesn't wear much herself.

"I'm so busy that I don't spend time on my makeup," she said with a laugh.

She believes makeup is a tool for enhancing natural beauty: a something she wants to pass on to her eight-year-old daughter Riley.

"I don't want her growing up feel-

ing like that's something she needs to wear to leave the house," said Lindsay. "I don't feel that way, so I hope that feeling by example will instill that in her."

She should feel beautiful without it and without being strapped to it. ... It should never be something that defines you.

"For her, beauty is more than skin deep. She uses her talent and her gift

to enrich people's lives," said Tina Klein, a client of Lindsay's.

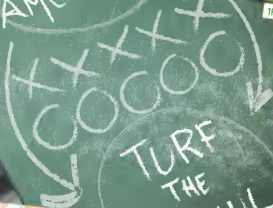
Lindsay was named makeup artist of the year at the 2013 national Beauty Awards, and a runner-up in 2012.

Her award-winning gigset was the product of 10 hours of work. She employed the talents of hairstylist Kim Green and a team of makeup artists to create the illusion of a face stretching through skin.

Continued on Page 8

THE BOWL
FIELD GOAL
CAMPAIGN

GAME PLAN



THE BOWL AT GORDON HOWE PARK



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It kind of reminds me of a flower, where we bloom together. It just feels like we're really part of a bigger picture by coming together and creating one big show — Alicia Soulier



Alicia Soulier created the concept and won a Merit Award for Black & Gold. She worked on the project with Sara Lindvall, Laurie Brown, and Missy Becker. **SHUTTERSTOCK**

Though she was "frightled" by the win, she doesn't hold too much stock in the award.

"It is an achievement," said Lindvall. "There's hundreds of makeup artists in our industry who could have won it too."

In 2012, Lindvall was the YWCA Woman of the Year award for entrepreneurship and innovation and was nominated for a Mayor's Arts and Business award.

Her past gigs have included the prestigious London Fashion Week and the June Awards, and she's heading to New York this fall to work behind the scenes at Fashion Week.

Given all these accolades, it's interesting to note that Lindvall was no aspiring cosmetologist while growing up in south England. She was more interested in sports — driving, synchronized swimming and basketball. She was, and still is, "obsessed" with roller skating — "I'm trying to talk my husband into opening a roller rink."

Added Lindvall: "I was never a makeup girl. I thought it was pretty but I didn't ever think of it as a career."

Actually, she had no idea what her future would hold. She considered becoming a graphic designer or a hair stylist but none of those passions stuck either. She knew only that her career would have to be creative in some way.

She was working as a bartender and server in Calgary when a girlfriend friend hired her as an *à la carte* assistant. That friend, who was also a makeup artist, asked if Lindvall would learn the basics as a favor.

"I started doing makeup and I started loving it," said Lindvall. "It all kind of happened by accident."

In 2001 she moved to the U.K. and spent eight years learning about the makeup industry, training at four fashion makeup academies (three in London), working at MAC Cosmetics selling and applying product as a regional associate, and freelancing.

Through networking, she landed gigs at London Fashion Week and the London Clothes show, working behind the scenes to make up models (Liberty Ross was one) for such designers as D&G and Gucci.


Working in London helped her to discover the artistry of fashion makeup.

"It's taking everyday looks and pushing them to the limits so that it looks unusual but somehow it still looks beautiful and your eye can't figure out why," said Lindvall. "It's getting away from the traditional and more into the abstract."

She's really editorial and high fashion," said Lindvall. "She does very edgy stuff and it's hard to do as a makeup artist or a hair stylist. It does take a lot of skill to get there."

Lindvall loves the transformations involved in fashion makeup, pushing the limits. But she loves traditional beauty makeup too.

In her day to day work with clients, it's about "creating a look for them that doesn't cover up or mask them or change them dramatically. It's just finding beauty in their face and just accentuating that. Just polishing the best version of them."



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I was never a makeup girl. I thought it was pretty, but I didn't ever think of it as a career.

— Lindsay

Her makeup inspirations are just as diverse. At three, Lindsay or other art forms spark her designs. Other times, it's a completely spontaneous. "I don't get knowing what the hell you want to do."

Of course that's not the case during Saskatchewan Fashion Week.

Lindsay is in her third year as SFW makeup coordinator and is the key artist for Friday night's runway show.

The key artist creates a look, which is copied by support artists so each model looks the same.

She's also on the six artist support team for Thursday and Saturday night's shows.

The 30 designers and retailers showing each night share one group of models. The challenge is to create one look that will command everyone, from the sporty 22 Fresh to the elegant Natalia Kutchenko.

"We don't want the makeup to stand out over the hair and the wardrobe," said Lindsay.

It's also a challenge to create a strong look that stands up to bright lights without the precision of stage makeup.

A runway look can be pretty clean, modern, sleek and... you don't want it to look overdone," said Lindsay. "Fashion week looks are typically really polished but not excessive. There might be an element of drama somewhere on the face but it's not excessive."

email@lindsayart.com
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Makeup artist Lisa Lindsay is one of the creative forces behind SFW. PHOTOS BY JIMMY BOYD/STARS



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Nuts About Nature

At Beaver Creek Conservation Area



Hi, I'm Chip. My cousin's Chip, and I live at Beaver Creek Conservation Area. Visit my backyard with your family and friends and enjoy some time away from the city. Bounce a family Nature Activity Net Pack and take a bird nature event!

Guess what, kids? You can send your questions to me at the address below!



Dear Chip,
what are the first birds to arrive back at Beaver Creek in the spring?


Alexander

Dear Alexander,
As you may know, some birds live year round at Beaver Creek. The Black-capped Chickadee, the Hairy Woodpecker, and robins are commonly spotted even during the coldest months of the winter. Most birds, however, migrate back and forth between southern wintering grounds and northern nesting grounds. Now that spring is here, it's time to get ready for a parade of migratory birds returning to nest here at Beaver Creek. Hawks are among the first birds to arrive. They return just as one of their favourite foods, the Redbreasted Ground Squirrels, is coming out of hibernation. Other common "early birds" are robins, sparrows, juncos, weavers, and bluebirds. Osprey and double-crested cormorants often live on the South Saskatchewan River to nest up before continuing north. The next time you are out at Beaver Creek, go for a walk and see how many spring birds you can find!

Send your questions to me at the address below, then watch Birdies for the answers.

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Meewasin



Next week in BRIDGES

Bill Robertson's creative writing class in the Indian Teacher Education Program has turned students into published authors

Authentic Amish Cooking



COOKING CLASS EXPERT TIP

Orange Dream Cake

Part 1
1 White Cake mix 1 overripe Orange Kashi-Aid
3 Eggs 1 C. Milk

Prep: 10 min. Ingre-
dients: 1 cup 1/2 pint in a greased 13 x 9 x 2 in.
cake pan. Bake at 350° for 20-25 minutes or until a toothpick
inserted near center comes out clean. Cook notes: in cake mix
1 meat fork and cook 20 minutes.

Part 2
1 pkg 3 oz Orange-Jello 1 C. Boiling Water
1 C. Cold Water

Directions: Add in boiling water; add cold water and your
over cake. Cover and refrigerate for 1 hour. 1 hour

Part 3
1 pkg 3 oz Orange Jello 1 C. Boiling Water
1 C. Milk 1 C. Cold Water

Directions: mix jello, vanilla and pudding mix. Beat for 2 minutes.
Pour over or whipped topping. Add cake. Refrigerate and ready to serve.



Ranch Potato Casserole

1/4 med. Red Potatoes
1/2 C. Prepared Ranch
Dressing
2 T. Mashed Potatoes
1 C. Cheddar Cheese, shredded

1/2 C. Butter, melted
1/2 C. Sour Cream
1/2 C. Breadcrumbs
1/2 C. Shredded
Cheese, Cheddar



Cook potatoes until tender. Quarter, leaving skins
on. Add seeds in a small mixing bowl combine
and cream ranch dressing, brown gravy and 1 C. cheddar. Place potatoes in a greased
8 x 12 baking pan. Pour over cream mixture and potatoes. Sprinkle with breadcrumb
cheese. Bake at 350° for
15-20 minutes or until cheese is melted through.

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FASHION YXE

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SASKATOON STREETER FASHION

Spring style in Saskatoon

By Sean Tremblay

The sun isn't that warm in Saskatoon, which means the weather isn't ideal for the "casual" style we might expect to see. But spring style means it's time to start.

Check out the street style in Saskatoon and see how it compares to the rest of the world.

Emily Kohlert

Emily Kohlert is a student at the University of Saskatchewan. She is a fashion enthusiast and a member of the fashion community in Saskatoon.

1. JACKET As the weather warms up, I like to wear a jacket that is both functional and stylish. I usually go for a leather jacket, but I also like to mix it up with a denim jacket.

2. SHOES I like to wear sneakers, but I also like to mix it up with a pair of boots. I usually go for a pair of black boots, but I also like to mix it up with a pair of brown boots.

3. DRESS/SHORTS I like to wear a dress, but I also like to mix it up with a pair of shorts. I usually go for a pair of denim shorts, but I also like to mix it up with a pair of black shorts.

4. SHOES I like to wear sneakers, but I also like to mix it up with a pair of boots. I usually go for a pair of black boots, but I also like to mix it up with a pair of brown boots.

Emily Kohlert is a student at the University of Saskatchewan. She is a fashion enthusiast and a member of the fashion community in Saskatoon.



Jardeth Hemmerling

Jardeth Hemmerling is a student at the University of Saskatchewan. She is a fashion enthusiast and a member of the fashion community in Saskatoon.

He says this outfit is pretty typical of his style.

"This is pretty much it. I may be a bit colder, another shirt or a scarf, something like that."

"I play music and stuff, so you kind of have to dress for that. I like something that is practical. I'm not going to wear a suit and tie, because it's not practical for everyday life."



1. JACKET AND SHOES I like to wear a jacket that is both functional and stylish. I usually go for a leather jacket, but I also like to mix it up with a denim jacket.

2. PANTS AND SHOES I like to wear sneakers, but I also like to mix it up with a pair of boots. I usually go for a pair of black boots, but I also like to mix it up with a pair of brown boots.

Jardeth Hemmerling is a student at the University of Saskatchewan. He is a fashion enthusiast and a member of the fashion community in Saskatoon.

FASHION YXE

Meagan McLean

Meagan was enjoying the sun on a bench about town before heading to work in a few hours. "I'm just kind of patting around today, enjoying the sun here. I'm working later tonight, so it's also like, 'I'm ready for work when I need to get there.'"



Meagan McLean is a fashionista for the city. **PHOTOS: PHOTOFEST/STYLING: JESSICA HARRIS**

1. SCARF: Fokien, Burlington. "It goes a job from a friend. She asked to wear it."

2. PANTS: A cheap, thrift store find. "It's like on the sun is showing 'Red Sea' and it's not like I'm able to wear some loud, loud pattern."

3. JACKET: From H & M in Edmonton. "It's kind of a leather, soft. Peppermint. I'm pretty sure it's not."

4. SHOES: Right outfit in Edmonton.

Katherine Stanley

Katherine was on the way to the top deck on a day off. She calls her style "fashioning things to gather, but mostly I just try to be comfortable. Nothing too crazy."



1. JACKET: The Red "I just got it for someone. I got it for 30 percent off because the zipper is stuck. I've tried it a few times before, but it's hard to be opened. This has been going very fast."

2. SCARF: "My sister got it for me. I have no idea where it's from. I'm from the west, so it's from somewhere there. It's definitely my go-to scarf."

3. SHIRT: "I don't remember where I got it from, but this and these black pants are probably my favorite outfit."

4. JEANS: The GAP. "They're really good. I love to wear them and they don't stretch out or anything."

5. SHOES: Aldo. "They work well with most things. It's nice to not wear heels. I'm normally a good walker, so it's nice to wear flats and not be freezing cold."

Katherine Stanley is a fashionista for the city. **PHOTOS: PHOTOFEST/STYLING: JESSICA HARRIS**

ON THE SCENE

#SIPS & STYLE

It was a night to get lucky with rats, boats, sips and style at LB Distillers. The micro distillery hosted an exclusive sampling event on May 7 at their packed-up warehouse on Ave. 6. Fifty guests sampled LB's cocktails and enjoyed appetizers from Jyden Kitchen & Bar, which offered to cook boats from 20 Stars.

Models took over the distillery floor and showcased spring styles from two local retailers. The proceeds from ticket sales went towards the Leukemia & Lymphoma Society of Canada.

BRIDGES PHOTOS BY GREG PENDER



ON THE SCENE

1. Daniela Rovey and Arvin Zacc

2. Juan Pardo and Jeff and
Tanya Malinich

3. Murray and Olga Hallberg

4. Shane Boffington, Jackie
Porter and Adam Porter

5. Kira and Mark Gamba

6. Don and Marilyn Beck

7. David Gamba

8. Chris Chomczewski, Kim Mudy,
Helen Coulter and Ryan
Lesage

9. Lesley Rock, Josh Rock,
Mike McCubbers and Vanessa
McCubbers



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 Dr. Jones is a family physician and a leader in the field of integrative medicine. He is the author of the book "The Art of Medicine: A Journey into the Heart of Healing" and is a frequent speaker at national and international conferences on integrative medicine.

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CITY NEWS

MAY 4, 2014 - 11:11 A.M.

The art of compassion



The venerable Losang Samten creates the Mandala of Compassion at the Sanshoue Avenue Market. Samten studied to memorize these intricate designs, which he has created for more than 40 years. One grain of sand can take up to 100,000 years old particles, emanating the ancient symbol of compassion. The work continues day after day, hour after hour, until it is complete. The mandala will be open to the public with Losang Samten present, until May 16. **PHOTO BY MICHELLE BETH**

EVENTS

The Gallery at Frances Harrison Central Library
May 7 to June 3 at Frances Harrison Library, Canadian Pacific by Jay Mendel

The Gallery/Art Placement
Until May 8 at 238 Third Ave. S. City Seen: An exhibition of cityscapes focusing on the relationship of art to architecture and the built environment.

Galleries at Innovation Place
Until May 8 at Innovation Place, Details of How: A show and sale by Prairie Sculptors Association, Reception May 8, 5 p.m. to 5 p.m.

Local Art Show and Sale
May 6, 7 a.m. to 9 a.m., May 10-11, 1 p.m. to 5 p.m. in the auditorium of Our Lady of Carondelet Parish, 301 Ave. Y.S. Hosted by White Eagle Artists Association

Dorell Bell Gallery
Until May 10 at 605-163 St. St. E. Paintings and prints by David Thaulerger. Considers with the beginning of a touring retrospective of Thaulerger's work

North Star Gallery
May 10-11, 10 a.m. to 6 p.m. at 605-163 St. St. E. Exhibits work of Hankel and six Klamath artists. Mother's Day weekend. Selling Show and Sale. Paintings by Karen Holden and pottery by Mel Eiken. With live music and refreshments

Borden Sculpture Gallery
Until May 11 in Room 101 of the u.s. Murray building. Contact: New works by members of Saskatoon Potters Guild and Sculptors.

SCVAP Gallery
Until May 23 at 233 Third Ave. S. Sequence by Jane Revile McInerney. Two series of works exploring different media. Reception May 11, 8 p.m. to 10:30 p.m. R/C CYCLE



Top: Projects by Jeffrey Taylor at Handmade House Gallery

3-D Acknowledging the Veterans by Rex Pollock, May 29 to June 20 Reception May 29, 7 p.m. to 9 p.m.

Rippon Museum & Gallery
Until May 29 at 105 Third Ave. West in Dipper Annual Art Auction Art Show entries on display. Auction by Donna Kirtle May 31, 120 p.m. Watercolour workshops by Krista May 23 and 24. Call 306-948-3491

Artivity Gallery
Until May 31 at 813 Broadway Ave. Where River Meets Sky: Works from Aboriginal and Métis communities in Saskatchewan. Considers with the Aboriginal Art Festival Symposium, in Saskatoon May 29-31. Reception May 24, 7 p.m. to 9 p.m.

The Mendel ART for LIFE program in the Lavender gallery, a display by the Saskatoon Public School in the Mergers and Bridges Galleries.

Handmade House
Reception: Until May 31 at 710 Broadway Ave. Trophy Sculpture by Jeffrey Taylor

Revel Arts
Until June 6 at 434 20th St. W. Inauguration by Yoon Lee. A dialogue between two computer-generated animation videos that were created across a span of four years

Dechenbaker Canada Centre
Until June 6 at 101 Dechenbaker Pl. A Queen and Her Country. This exhibit commemorates the Queen and Jubilee of her Majesty Queen Elizabeth II from a uniquely Canadian perspective.

Musée Ukrainien Museum
Until June 16 at 232 Ave. M S. Pyreny (Euler 1922) paintings by Ann Soren

Ukrainian Museum of Canada
Until June 21 at 990 Spadina Ave. E. Moved by the Spirit: Artistic interpretations on the Life of Jesus. A multimedia exhibition featuring the works of 12 artists

Hunt eliot and District Museum and Gallery
Until June 24 at 811 Main St. in Herschel. A Local Perspective: paintings and sculptures by Toni Ambrose and Sandy Chisholm. Elevators, photography by Greg Reade, runs until June 28

AKA Gallery
Until July 4 at 434 20th St. W. I laughed, I cried, I split my side. Works by Kyle East, Grace Egan, Christine Neeson

and Sherri Pease

St. Thomas More Gallery
Until July 20 at 1432 College Dr. Sherri Cook: Souls and Surrenderings. Photography by Sharon Cook

FAMILY

Parent and Tot Yoga
Wednesday at the Parents' Market at 10 a.m. Led by Diana Stange and her partners. For parents with children ages 16 months to three-and-a-half-year old. Admission is free with a suggested donation to Virgo Yoga for Youth. Bring a mat and snacks

Mom and Baby
Wednesday mornings Until June 4, 10 a.m. to 12:30 p.m., at Legacie Centre in Weyburn. Learn, share and connect with other moms and babies in your community. Learn from local experts about a variety of topics for modern moms. Visit www.mommyconnections.ca/saskatoon.

Signs and Stories
Wednesday, 1 p.m. to 4 p.m. at Carrot Cinema in The Centre. Choice of two movies each week. A baby-friendly environment with lowered volume, dimmed lighting, a changing table and stroller parking in select theatres

Signs, Play and Explore Workshop
First Wednesday of each month through December, 10:30 a.m. to 11:30 a.m., at the Pregnancy and Parenting Health Centre, 248 Third Ave. S. Parents and their babies' toddlers explore their world, develop skills and engage in developmental learning experiences. Monthly registration is required. Email: tanyar@pandphealth.com, with mommyandhands.com

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EVENTS

LUUG Saskatoon Toddler Meeting

First Wednesday of each month at Anglican Church, 1201 Broadway Ave. All interested women are welcome. Call 326-6550 or email luug@luug.ca

Singing with Sylvia Music Classes

Starts Tuesday May 7 to June 4, 11 a.m. to 1:45 a.m., at John Baker School gym. Four-week sessions for kids ages three to five. With music, action rhymes, puppets and instruments. To register call 326-682-3703.

Gae-An Gymnastics Games

From June 27 and July 7 to Aug. 26 at 3752 Main Street. Various schedules for ages two to 16. Visit www.gaeangymnastics.ca.

Fun Factory Indoor Playground

Located at 1632 Quebec Ave. A giant indoor playground for young children. Adults and children under one year are free. There is a separate fenced-in area for children under two.

Children's Play Centre

daily at Lawson Heights Mall. A fun, safe, environment for preschool children to play. Please note this is an unsupervised play area and adults must stay with and supervise children at all times.

Market Mall Children's Play Centre

Located off the food court at Market Mall. This play area is free and has different level slides. Children must wear socks in the play area.

Scoutnet

Thursdays, 9 a.m. to 3 p.m., October to May, at Emmanuel Baptist Church, 1635 Acadia Dr. Parents supervised playgroup for kids ages up to six. Indoor play equipment,

games, coloring, dress-up, crafts and arts and crafts. Registration on arrival. Call 477-1234.

Researching Cafe

Thursdays, 10 a.m. to 1:30 p.m., at Mississauga Family Health Centre, 3331 Fairlight Dr. A drop-in support group for breastfeeding women. Sessions will be facilitated by a lactation consultant with a brief educational presentation, and time for interaction with the other mothers.

Movies for Mommies

Thursdays, 1 p.m., at Harbour Cinema in The Centre. An infant-friendly environment with reduced sound, change tables, bottle warming and stroller parking.

Reciprocal 3x3 Soccer: Family Cooking Class

Thursdays, 4:30 p.m. to 6:30 a.m., at Sefton Mall, 1 p.m. to 3 p.m., through May at the Saskatoon Foodbank and Learning Centre, 262 Ave. C. S. A free family cooking class where families cook together to prepare nutritious meals. Call 326-374-7333, email info@frontlinenetwork.ca.

Car Seat Clinic

Second Thursday each month, 3 p.m. to 6 p.m., at the Family and Birth Centre, 9-505 2nd St. E. Car seat safety checked and questions answered by a trained Car Seat Technician. Call 326-381-7331 or email whispering@gmail.com to register. Drop-ins are welcome.

Moms and Baby Outdoor Stroller Fitness Classes

Tuesdays and Thursdays until Aug. 26, 10:30 a.m., starts at 2817 Emily Dr. Meet new friends and get a whole body workout. To register call 326-770-2026 or email saskatoontransformation@gmail.com. More information on Facebook.

Shop4aDroid

Fridays, 9:30 a.m. to 10:30 a.m., meet in front of Customer Service at The Mall at Lawson Heights. Classes consist of power-walking, body-sculpting moves using exercise tubing and a socializing time for parents and babies. Preceptor at www.newsworldfitness.com. No classes on staff holidays.

Coffee Time for Mom

Fridays, 10 a.m. to 12:30 p.m., at 8848 8848th Ave. N. 1703 Centre Ave. Moms enjoy a free cup of coffee while children play in the playroom.

Belly Talk at SPL

Fridays, 10:30 a.m., at Alice Turner Family Mondays, 10:30 a.m. at Ceryle King, Brenda and Jo Wood Branch and 10:30 a.m. at Cliff Wright branch. Half-hour sing-along and rhymes, then mingle with other parents.

Craft and Story Time

Saturdays, 11 a.m., at Bridge Books, 3322 Eighth St. E. In the kids section. Call 326-343-3371.

Rock-Up Gerds for Mother's Day

May 10, 1 p.m. to 4 p.m., at the Main Residence, 328 10th St. E. Presented by the SaskTel Mother's Day Cession. A drop-in program open to all ages. Donations appreciated.

Something on Sundays

Sundays, 2 p.m. to 4 p.m., at the Market Art Gallery, 550 Steeles Ave. E. Free Family Fun for ages four to 12, accompanied by an adult. Art-making activities led by gallery artists. Supplies are provided. May 11, design a book cover for moms.

Prenatal Yoga

Mondays, 12 p.m. to 1 p.m., at Pregnancy and Parenting Health Centre, 248 Third Ave. S. Beginner to intermediate

people designed to help with pregnancy recovery. Baby friendly class with a certified yoga teacher. Suitable for four weeks to two years postpartum. Register at www.pregnancyandparenting.ca. No class on staff holidays.

Prenatal Yoga

Mondays, 9 p.m. to 7 p.m., at Pregnancy and Parenting Health Centre, 248 Third Ave. S. Taught by a doula and certified yoga teacher. Informative and safe for any stage in pregnancy. Call 326-321-0443 or email info@parentingandpregnancy.com. No class on staff holidays.

Drop-In Playgroup

Tuesdays to Fridays through May, 9:30 a.m. to 12:30 a.m., at Hank Rupp Senior Centre, 218 Pinecroft Dr. An indoor playgroup with table-top, sports equipment, toys and books for children up to age six. Food and drinks are welcome, but the building is pet-free.

Bibbidi Bobbidi Boo Play-rooms

Mondays to Fridays, 10:30 a.m. to 4:30 p.m., and late night Thursdays, at Bibbidi Bobbidi Boo, 1703 Centre Ave. With a wet area, kitchen and changing rooms, puppet theatre, stage and confetti. To book groups, or to check for availability, call 326-384-4751 or email tbl@bobbidiboo.ca. No class on staff holidays.

Playgroups

Tuesdays, 9:30 a.m. to 11:30 a.m., at Grace Westminster United Church. Hosted by Paula Harris Learning Community, a group of families inspired by Waldorf philosophy. Preparing is aimed at children ages two to five, but all ages are welcome.

Moms and Baby

Mondays mornings until June 30, 10:30 a.m. to 11:30 a.m., at

St. Paul's United Church, 454 Eighth Ave. Learn, share and connect with other moms and babies in your community. Learn from local experts about a variety of topics for modern moms. Visit www.momswesternsask.ca.

Preschool Story Time

Tuesdays and Fridays, 10:30 a.m. to 11 a.m., at Michelle Robinson, 3120 Eighth St. E. For children ages three to five in the Circle of Trees. Call 326-365-1477.

Dancing for Birth

Tuesdays until June 3, 6 p.m. to 7:30 p.m., at Pregnancy and Parenting Health Centre, 248 Third Ave. A six-week series. Dance classes level an expecting mother's core at ease with her body and mentally and physically ready to embrace the birth experience. Registration via birthnirvana.com.

Nativity Years

Tuesdays until June 11, 7:30 p.m. to 9:30 p.m., at Pregnancy and Parenting Health Centre, 248 Third Ave. A comprehensive children's education series, preparing parents for the birth of a child. To register visit www.birthnirvana.com.

Co-Parenting Through Separation: Helping Children Make the Transition Work

shops
May 13, 9 a.m. to 9 p.m., at TCU Centre. Three separate presentations by social worker and author Gary Orloff 9 a.m. for psychologists, social workers and social workers, 1 p.m. for lawyers, mediators and financial professionals, 7 p.m. for the general public. Tickets at prosebooks.ca. All proceeds go to Family Service Saskatoon.

EPKRS 4-KIDS' Saskatoon Regular after-school pro-

grams, preschool classes and camps for kids of all ages at various locations in Saskatoon. An atmosphere for students to breathe life into creative ideas, play games, and have fun using LEGO bricks. Visit www.belsa.ca/about-us or call 326-979-2749.

Saskatoon Public Library

Ongoing daily programs for children and families. Read the calendar at saskatoonlibrary.ca/what/1216.

SPECIAL EVENTS

Life and Times of the Dole Lane

May 7, 7 p.m., at Deep Theatre. A full-length musical presentation on the making of the film *Wanderlust*. Hosted by Laura Loring-Sawyer. With a vibrant folk music and jazz fusion by Sonnet Tash and Donna O'Connell. Tickets at plastic.com.

First Aid for Mental Health

May 6, 4:30 p.m., at Bony Theatre. An event to entertain and educate while supporting the Canadian Mental Health Association Saskatchewan Branch. Featuring: Scott Collett of The Sheepsheads, Mentalist Jeff Richards, and Sandy Stone of CHMA. Learn about psychological health and safety in the workplace. Tickets at plastic.com. Donations are going to the Canadian Mental Health Association, Saskatoon Branch.

Art Auction Fundraiser

May 6, 6:30 p.m., at The Pavilion and Park. Hosted by the Saskatoon-based Native Theatre Company. A partnership with Envo Series of Seals Theatre and Framing. Featuring: Emma John-Lewis, a live auction by Fred Muenkel and a silent auction. With art pieces donated from Aboriginal artists across Canada and the US. Tickets at 326-384-7720, paviliontheatre.org.

EVENTS

Fourth Annual Big Breakfast
May 6, 6 a.m., at TCU Place. Presented by noislickr. With speaker Saskatchewan-Eleas accident. Give Hope. Tickets at picnic.com. All proceeds go towards the Big Breakfast. All donors of Saskatchewan and Anne Campbell 4 Kids.

Black York Horse Seminars
May 6, 6:30 p.m., at the iya/Dube Equine Performance Centre at the U of S. Presented by Farm Animal Council of Saskatchewan. Those new to horse ownership, as well as experienced equine enthusiasts, are invited to attend. Learn feeding, routine health care and basic hoof care from veterinarians. Visit facc.ca.

From an Idea to a Building
May 6, 7 p.m. at Broadway Theatre. A public lecture by Matt Sansokaraho. Featuring the projects of Matt and Miya Sansokaraho.

Day Permal
May 6, 7 p.m., at iya/Dube. A performance by The iya/Dube. Tickets at facc.ca. All proceeds go to the iya/Dube.

Street Legal Parking
May 6, 5:30 p.m., at Saskatchewan International Raceway. Street racing is a safe and legal environment.

Third Annual NCU Fundraiser
May 6, 5:30 p.m., at Hank Ryan Soccer Centre. An evening of food, raffles, prizes and a silent auction. Tickets at picnic.com. All proceeds go to NCU at Royal University Hospital.

Women's Benefit Fundraising Event
May 6, 6 p.m. to 9 p.m., and May 10, 8 a.m. to 12 p.m., at Rock of Ages Church, 130 Kingsway Blvd. Shop for gently used women's clothing, shoes, hats, purses and accessories. For tickets or to donate call 366-975-3745, 366-364-1408 or 366-320-9802.

Zedee Theatre Hierarchy
May 6, 7:30 p.m., at iya/Dube. Western-

ized United Church, 505 10th St. E. featuring St. Martin's contemporary Singers.

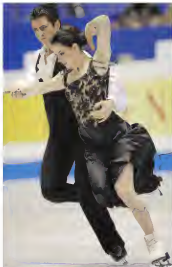
Fashion Rising
May 5, 6 p.m. to 9 p.m., and May 10, 9 a.m. to 3 p.m., at Rock of Ages Church, 130 Kingsway Blvd. Presented by Justice Initiative, a ladies' benefit event. Shop pre-owned women's clothing. With dessert and a beverage. Tickets at 366-320-0802, 366-975-3745, 366-364-1408. Raising funds to rescue girls from human trafficking.

Annual Transplant Trek
May 11, 10 a.m., starting at Victoria Park. Hosted by the Canadian Transplant Association. Saskatchewan branch. Five and 10-kilometre walks and runs. Register at events.runnersgon.com until May 5. Proceeds benefit the Canadian Transplant Association.

Shining Kids Flash Mob
May 10 in various locations around the world, including Saskatoon. Attempting to break the record to be the widest spread bully dance flash mob. Twelve school support local women and children's shelters. Cash donations and t-shirts are on sale dropped off at this Saskatoon Farmers' Market from 11 a.m. to 1 p.m., and Lawson Heights mall from 1:30 p.m. to 3 p.m. Visit shiningkids.org.

Spring Plant Sale and Mother's Day Tea
May 10, 9 a.m. to 4 p.m. at the Mendel Art Gallery. Presented by Gallery Group volunteers. Plant sale 9 a.m. to 4 p.m.; Mother's Day Tea, 10 a.m. to 4 p.m. Plan your garden with advice from Plant in Gardens, purchase spring plants, enjoy a femp tea and dessert, and find this perfect Mother's Day gift in the Gallery Shop.

The Big Shred
May 10, 9 a.m. to 12 p.m., at McGill United Church. Hosted by the McGill United Church. Join volunteers and the Shred-it company track in



Tea Vitar (right) and Scott Wier will perform at Ice Skating Group Skates on ice on Saturday at 7:30 p.m. at Credit Union Centre. APH/PHOTO

this shredding event. Bring old documents to be shredded. Shredding done by donation. Funds will assist seniors at Amy McLean House.

Purins Walk for Dog Guides
May 10, 9 a.m. exploration at the CNRT building, 10 a.m. walk at Lakewood Park. Hosted by the Saskatoon Centennial Local Club. The walk is pet friendly, but pets are not required. Call 366-384-0541, visit purinswalkfordogguides.com. Raising funds to help train Dog Guides for Canadians with visual, hearing,

medical or physical disabilities.

Sanedrity Quilt Show and Tea
May 10, 10 a.m. to 3 p.m., at All Saints Anglican Church, 100 Laura Ave. A selection of quilts will be on sale.

Indoor Community Carnival
May 10, 10 a.m. to 3 p.m., at Confederation Mall. Hosted by Country Farms Market place. Carnival games, rock climbing wall, bounce castle and other inflatable, setting, etc. a concession, balloon twister, live mu-

sic, and many Marketplace vendors throughout the mall. **Wana Festival 2014**
May 10, 5 p.m., at Parliament Park. Emcee Steve Nadak and Jordan Wallace. Entertainment by The Standards, The Followdown, The Polyphonic Folklore, Ensemble Novice, Ukulele in Full Blast, Ensemble, Bishop Flinch Choir, and dance school showcase. With a dinner buffet, art and market. Children's book and art showcase. Visit wanafestival.com.

Pinetree Gala
May 10, 6:30 p.m., at the Adams Ballroom in the Delta Saskatchewan Hotel, 401 Spadina Cres. E. Fundraising, commemoration and live entertainment. Tickets at picnic.com.

Innovative Group Skates on Ice
May 10, 7:30 a.m., at Credit Union Centre. Presented by Linx. Featuring the leading members of the Silver Medal Canadian Olympic Figure Skating Team: Patrick Chan, Teo Vitar & Scott Wier, Melissa Dubé & Eric Redford, and Karli-Ann Owsen. With live entertainment, Joanne Rochette, Jeffrey Butts, Kellyn Weaver & Andrew Polo, and Shawn Sawyer. Visit stanislaw.ca, ticketmaster.ca.

How Can I Keep From Singing
May 10, 7:30 p.m., at Broadway Theatre. Singers Chorus 10th anniversary concert. Musical. Tickets from the past 10 years. Featuring Kim Meno. With compositions from Ariga Toyonaka, Helen Lowery, Burton Cummings, Trooper, Ray Charles, The Twain Family, Marvin Gaye, and Billy Joel. Tickets from choir members, Broadway Theatre, broadwaytheatre.ca.

Quiet City
May 10, 7:30 p.m., at Christ Church Anglican, 315 26th St. W. Saskatoon. Philharmonic Orchestra's upcoming show with David Scott on trumpet and William in Appeals on English horn. Tickets at hickoryrobin.ca. Bare-chest members or at the door.

EVENTS

Grupo de Mayo Mexican Party
May 10, 9 p.m., at Establimiento de las Monophasas de Saskatoon, 100-301 Fourth Ave. N. A fundraiser hosted by Latinas Unidas. For reservations call 306-329-0930. Funds raised will go to CH2PAH International children in Mexico.

Fourth Annual Makin' It Happen Theatre
May 11 at Laidback Civic Centre. A fundraiser for the theatre and fundraiser held in memory of Marlene Antczuk, who battled lymphoma cancer. Proceeds go to local health-related charities. Register at theatreline.com.

Mother's Day Brunch
May 11, 10 a.m. to 2 p.m., at the German Cultural Centre, 160 Cartwright Ave.

Andrea Menard Music & Talk
May 11, 10:30 a.m., at Cinema CMC

Centre, 3030 Laurier Dr. A Centre for digital art living event. Andrea Menard performs and talks.

2014 Walk for Lupus Saskatchewan
May 17, 10:30 a.m., at the Saskatchewan Health Foundation Amphitheatre. Information and pledge sheets at lupus.ca.

Schubert's Incomparable Octet
May 17, 8:00 p.m., at the Saskatchewan Health Foundation Symphony Orchestra's Players' Choice Series. With works by Brahms, Haydn, Schubert. Tickets at saskatoon-symphony.org.

Prin's Cell as Mother's Day
May 17, 3 p.m., at Zion Lutheran Church, 323 Fourth Ave. S. A fun afternoon of funfair, pop standards, pop songs and some original music performed by just one person. Tickets at pauco.com.

Tonight's the Poetry
May 17, 7:30 p.m., at The Esplanade Theatre. Poetry event. Tickets at saskatoontheatre.org.

Competition in the 300
Runs until May 16 in Saskatoon. The Mandala of Composition at the Farmers' Market, a seasonal painting created by the venue's artist. Series with an opening ceremony May 16, 4 p.m. Featuring a movie at Royal Theatre, a drum circle at Silver Lending, a meditation at St. Peter's Abbey in Mauricie, and the artist at work through the event. Information at Facebook.

THEATRE

True West
May 6-11 at The Refinery. Presented by Free Will Independent Theatre.

Produced by Mead Hall Productions. A black comedy in which two brother struggle for power, creativity, and freedom from their lives. A screenwriter meets with a powerful Hollywood executive, but the brother's tale of the American West is the one that captivates the producer. Tickets at 306-663-5101.

John Maclean's The Shape of a Girl
May 6-10, 8 p.m., at the Ursula. Presented by Chrysalis Theatre and the Union Congregation of Saskatoon. A play offering the embrace of trust as a way out of the violence of bullying. May be too intense for young children. Tickets at the door. Visit chrysalistheatre.ca.

Saskatoon Sings
May 3, 9:30 p.m., at Broadway Theatre. The improv comedy troupe brings laughter to the stage.

Leading Ladies
Runs until May 11 at Persimmon Theatre. A clever, hilarious, quick-witted comedy about women in men's clothing. Tickets at persimmontheatre.org, 306-348-7177.

Operation Big Rock
Runs until May 11 at Dancing Sky Theatre in Moose Jaw. A play about a giant rock, the 370-ton meteorite rock of the Quappelle Valley. In the face of the valley being flooded to manage drought in the late 1950s, Operation Big Rock explores one anthropologist's spiritual journey as he risks his career and his family to fight for the rock. Tickets at 306-376-6665.

Contributors are paid, normally on a non-exclusive basis. Listings will be printed if space permits.

ASK ELLIE

Why after being betrayed by 'best friend'

Q. I'm 36 female, and completing a professional program. I've never dated, waiting for my progress to be over before embarking on a serious relationship. I come from a very conservative family.

Three months ago as student, while I thought had potential for a relationship with a guy. He's shrewd, intelligent and has also never been in any real relationships (very conservative).

The spark between us was known and often discussed among friends. However, I've learned that he and one of my closest girlfriends had recently been going for dancers and weren't close (we have used to want up since we all hang out in senior shop).

The girl was already in a relationship with another man (and still is). She's shared on many occasions in the past that's a very pretty girl and acts very innocent. Many always tell her I talked to her.

When I talked to my girl friend about this he was stressed and hurt. He said, he was "exploring his options." But but so that she was in a

Ask Ellie

relationship back then.

I've deeply hurt, feeling betrayed by both. We'll not need to like some of my closest university friends.

I no longer have any feelings for him — I value myself a lot more than that. However, since friends are involved at this point, it's hard to say goodbye to people with whom you have so many memories.

Butterfly
A. Your "value" girlfriend betrayed you, the guy has to show her and set social rules, know how the spark between you two and being a friend herself.

So her private "value" with this guy were gone rather unpleasant for her without coming about you.

If you stay friendly with her for all time, make sure you stay as well. Her loyalty goes to you.

As for the guy, you two had no approach, hadn't yet dated. Perhaps he felt your intention to finish school before dating meant you weren't all that interested in him.

Stay friends with him, and don't hold yourself about if your feelings for him reverse.

A. A woman I work with is constantly complaining the men she's depressed.

She's 37 very attractive, divorced has adult children (the youngest, 18, still lives with her), has siblings and a mother with whom she's in contact.

Yet all she talks about is whatever miserable medical issue is her latest "victim" (e.g. hip pain and her back).

I've been through menopause myself and know it's not always easy to deal with some of the persistent symptoms like night sweats, but I also know many women who cry

different remedies like sleeping on towels, alternative treatments and exercise, etc.

It's getting to the point where I practically have to turn her women at work. What do you suggest?

Not a Woman
A. Share your information and stop about menopause with her. It's one of the benefits of motherhood among women who have experienced the phase which can strike fairly suddenly, with some overwhelming symptoms, ranging emotions, and can also last several years.

Show her the more informative sites on the Internet, tell her to talk her doctor about whether she qualifies for hormone treatments, and direct her to where alternative remedies are sold (health food stores and through natural medicine practitioners).

Tell her she's sinking into depression and needs to tell this to her doctor, possibly to also see a therapist if she's having trouble adjusting to aging and its impact on her life.

Then you'll have gone far all that

you know that can be helpful.

Q. I'm currently engaged with my ex-girlfriend's best friend. Nobody knows that we're been falling and sleeping together.

My fiancée treats me just like I was her's always needed.

He is 32, I'm 28. He's not ready for a child and neither am I. But I don't believe in the "one true love" because I'm the one who had up and made the move.

How do I tell him I'm pregnant? How do I tell my fiancée? They're very pregnant.

Pregnant and Scared
A. You tell him, first. And then you both tell your parents. You made this baby together.

Yes, they'll be judgmental, which you just have to accept. If you want to keep this baby, you'll likely need their help, and if the young one takes responsibility, his fiancée's help may be needed, too.

Only if you fear physical danger to yourself or the fetus, should you instead seek help through a local agency that does prenatal sample money.



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Register before midnight May 8th
to qualify for **EARLY BIRD PRICING**

INDIVIDUAL ADULT RATES (16 years & older)	EVENT	until MAY 8	until JUNE 6
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		5 km	\$35
		10 km	\$50

INDIVIDUAL STUDENT RATES (16 years & younger)	EVENT	until MAY 8	until JUNE 6
		2 km	\$12
		5 km	\$20
		10 km	\$35

TEAM ADULT RATES	EVENT	until MAY 8	until MAY 13
		2 km	\$20
		5 km	\$35
		10 km	\$50

TEAM STUDENT RATES (16 years & younger)	EVENT	until MAY 8	until MAY 13
		2 km	\$10
		5 km	\$20
		10 km	\$35

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SUNDAY, JUNE 8, 2014



REGISTER ONLINE TODAY!

www.bridgcityboogie.ca



Final deadline for team registration is Tuesday, May 13th, 2014!

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Henri Lou

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Cotton colored by charcoal fine
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Lou "H" handbag delivers both
style & function. The handbag is made of
top quality hand-leathered leather
with a large top handle and a
detachable shoulder strap. Inside our
winner will also discover a \$100 gift
certificate to enjoy at Durand's!

SPRING FASHION WEEK

Spring Fashion Week arrives Friday, May 2 in your StarPhoenix!

It's 16 pages of non-stop fashion, showcasing the season's hottest
trends, presented by one city's top fashion retailers!

The StarPhoenix Spring Fashion Week is also your chance to win this
one-of-a-kind handbag by L.A. designer Henri Lou
PLUS a \$100 gift certificate from Durand's fine footwear & accessories

Look for your entry form in the Spring Fashion Week pages
of your Friday, May 2 StarPhoenix!

The StarPhoenix

ON THE SCENE

BRAIN BLITZ GALA

Supporters of the annual \$100,000 Brain Blitz Gala enjoyed a beautifully themed evening on May 3. The "apartime in Paris" gala was presented by WorldSafe Saskatchewan and was a fundraiser for the Saskatchewan Brain Injury Association (SBIA).

The keynote speaker was former CFL quarterback Mark Denison, Olympic medalist Catherine Le May (seen second in photo).

SBIA strives to prevent brain injuries and to improve the lives of survivors and their families.

BRIDGES PHOTOS BY LIAM RICHARDS



ON THE SCENE



1. Lawrence Borchelt and Sherie Borchelt

2. Martha Smedley-Norris and Rabe Norris

3. Cameron Hsiao, Steve Hsiao and Nelson Hsiao



4. Lyn Storchwart, Ben Heenan and Petty Neufeld

5. Bryan McFadden and Jennifer McFadden

6. Carson Frey and Brenda Flowers Frey



7. Doranne Selby and Chris Ryder

8. Colonna Le May Down and Josh Oghian

9. John Hasser and Ellen Hasser

10. Hanna McGilveray, Brooke Mutch and Angie Hodgson

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5/4 Cedar Decking

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12x6 SMOOTH 4 SEE PERCING

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/sq. ft.

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SASKATCHEWAN FOOD TRENDS

The five 'Ws' about CSAs

By Jenn Sharp

CSA — what is it?

Community-supported (or shared) agriculture is a way to buy food produced by farmers in Saskatchewan while supporting the local economy. Consumers get the benefit of a steady supply of produce throughout the growing season but they also share the risk (when bad weather ruins a crop, there may be little or no product).

How does it work?

Members buy subscriptions at the beginning of the growing season (or sometimes for a full year) for a share of the anticipated harvest. They then receive weekly or bi-weekly boxes of vegetables and fruit. Some CSAs have the option of adding on honey, eggs, meat and dairy products.

Where can you find one?

THE GREEN RAINBOW www.thegreenrainbow.ca

- A local food production and marketing company near Regina. Along with their own all-natural growing operation, owners Tina and Chris Reids partner with other producers to help them sell their food through CSA shares and an online retail store.
- Offers meat, egg and vegetable CSAs in Regina and Yorkton. Items ordered through the online store are delivered three times per month in Regina.

ETOMMAMORGANIS BIORFARM www.etommamorganis.com

- Located in Hudson Bay, owner Keith New delivers his organic produce everywhere from Regina and Fort Qu'Appelle to Saskatoon and Prince Albert, twice a month or bi-monthly, twice a month in the summer. He also offers certified organic beef and poultry, along with honey, perennials and even pickles.
- A CSA contract runs from May to April. Root vegetables and frozen produce is delivered in the winter.

URBAN FARMS www.urbanfarms.ca

- Small plot urban/urban farming (SOPF) operation in Saskatoon.
- Offers weekly subscription boxes but sold out for 2014 season. You can still sign up for



(From left) Amanda Selinsky (owner, SoVailin) and Lana Van Opi pack food boxes every Wednesday and Thursday at Body Fuel Organics, for delivery to customers. The bins are a great alternative if your summer schedule is so unpredictable to buy shares in a CSA. photos.thestar.com

the CSAshare Club where available produce is emailed and once a week and can be ordered for pickup or delivery.

POVEDAR FARM HERBLOOM CSA www.povedar-farm.ca

- Saskatoon's only all-herbaceous organic CSA, operated by Grant Black and Patricia Robertson near Wilcox. Black has four generations of Saskatchewan agrarian roots. His maternal great-grandparents (a professional grower and a male head of Blackington Police) immigrated to Western Canada in 1913 to open a market garden.
- Delivers six times between June and September to a central Saskatoon address. A full share is \$60/kg.

When does ordering begin?

Every CSA is different but most require a first payment and contract by the end of May (you have until June with Povedar Farm).

Why would you want to support a CSA?

The CSA owners and other farmers/producers are the best equipped to answer the "why support local?" question. Here's a sampling of their answers:

VEGETABLE QUALITY AND TASTE

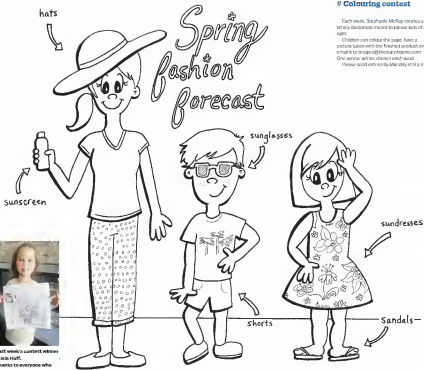
Organic herbaceous vegetables are softer and taste better than what you'll find in the grocery

store. Herbaceous varieties offer more colours and shapes than common hybrids and generalised vegetables, such as European giant sprouting varieties, lemons shaped cucumbers and black sprouting potatoes. Organic herbaceous growers like Povedar Farm use natural growing methods for their CSA, no GMO seeds, no petroleum based pesticides and no synthetic fertilizers.

STRAIGHT SUPPLY FROM A LOCAL SOURCE

By joining a CSA, you also build a direct connection to your local vegetable farmer and you support a family business. Our CSA model, for fresh produce distribution to its membership in six local packages — mail zone to let's begin her is our growing season.

OUTSIDE THE LINES



Colouring contest

Each week, Stephanie McKay creates a timely illustration meant to please kids of all ages.

Children can colour the page, have a picture taken with the finished product and email it to steph@hottstarphoto.com. One winner will be chosen each week. Please send entries by Monday at 9 a.m.



Last week's contest winner is Iselin Hoff. Thanks to everyone who submitted entries!

#CROSSWORD

NEW YORK TIMES Edited by Will Shortz

ACROSS

- 1 Miami's coastal
family
12 Stuffed driver's
licences
13 Reopened with
14 Starts after your
15 Road to the
Southern state
"Black-belt"
16 A crowd pulled into
17 "Shogun" cast 13.6
out of this world
18 Characterized
Robert Lee
20 Hurt of Mexico
21 Surveys domestic
costs
22 Pronoun in wedding
statement
24 Paper "best" maybe
25 One more home
26 ... full
27 "Giant" ... Dong
28 Said added
34 Antiquities as port
candy
37 Victoria Secret
singers
38 World place?
40 Attack on a United
State that's out of this
world
43 ... Lanka
44 Japan's capital
45 Produced bottles
46 Lady Sarah Long
50 7. Modest in a red
dress, baby, "baby"
51 Jewelry designer
52

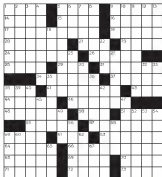


PHOTO: GETTY IMAGES/SHUTTERSTOCK

- 72 Insect repellent
ingredient
73 ... little "fendones"
74

DOWN

- 1 Place where people
bottle
2 On the job
3 Jack's ... brother
4 ...
5 Cities of pain
7 Biker bike as a GPS
device
9 And ... words for
"world"
11 American ... fish
12 Sister city
13 Russian ...
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JANRIC
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Level: SILVER

All in the same color
using numbers 1 to 9.
Each number can only
appear once in each
row, column and 3x3
block. Use logic and
process of elimination
to solve the puzzle.

The difficulty level
ranges from Bronze
(easiest) to Silver
to Gold (hardest).



Sudoku is the
crossword puzzle of
the Sudoku world.
found on Page 35



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GARDENING

GARDENING IN SASKATCHEWAN

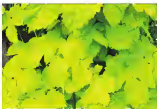
The top five vines and groundcovers for your garden

By Eri Svendsen

Vines and groundcovers are such versatile plants. Growing on a trellis, vines add height and colour to your garden. Over a steep embankment where mow the grass is near impossible, both cover the ground with green and prevent weed growth.

Do you live on an acreage? Groundcovers are useful and economical space fillers. Some vines like native grape not only perform, but also produce. Others, they also produce fruit for you, your pet or your. And if mowing grass isn't your thing, ground covers make a manageable, low maintenance and low cost alternative to a traditional lawn. Here are my top five picks for the 2014 growing season.

This column is proud courtesy of the Saskatchewan Perennial Society (www.saskperennialsociety.ca, horticulture@saskperennialsociety.ca).



Golden hops. PHOTO COURTESY A MANITOBA GARDEN.

Golden hops (*Humulus lupulus* 'Aureus')

Golden hops add a lot of bling to the screen to trellises or other vertical surfaces. As a bonus, clusters of yellow hops are produced in the fall. For the adventurous, try your hand at making beer with them.

Flowers: Limescent
Size: Up to 40 m long



Virginia creeper. PHOTO COURTESY LORNA BLOOMING.

Virginia creeper/Engelmann's Ivy (*Parthenocissus quinquefolia*)

These two are nearly identical except Engelmann's Ivy has tendrils with adhesive tips that allow it to climb and Virginia Creeper does not. Expect excellent fiery red fall colour. Great as a groundcover or to cover a chain link fence, etc.

Flowers: Small, pale green, insignificant, early to late summer
Size: Up to 30 m long



Riverbank grape. PHOTO COURTESY KATHY WILSON/REDA.

Riverbank grape (*Vitis riparia*)

If you have a large, rocky slope to cover, riverbank grape will stabilize your slopes. Purple fruit makes great jelly or wine.

Flowers: Small, pale yellow, early summer
Size: Up to 6 m long



Clematis Nelly Moser. PHOTO COURTESY FR. BOWEN.

Clematis Nelly Moser

These are the most clematis in the world, then, Jackson. Nelly Moser is a pure change (as are Joe Zary White and Blue Bird) and is equally dependable.

Flowers: 15-20 cm, blooms light pink with darker blue stripes down each petal, early summer
Size: 1.0-3 m long



False lamium (spices). PHOTO COURTESY DAN MEYER.

False lamium

(*Lamium galeobdolon*)

False lamium is a vanguard (river and green) vigorous ground cover that grows well in dry shade.

Flowers: Crossing to golden yellow in late spring to early summer
Size: 30 cm x spreading

WINE WORLD

#SASKATCHEWAN WINE SCENE

Inexpensive Malbec intense enough for young palates

By James Romanow

The past few years have seen a rise in the modern version of neoplatonism. Originally these were French humanists, wine drinkers who brought and blended wine for customers, in for a label that, as time went on and the world modernized, became a brand. (Bordeaux and Gaudin) is one such firm that most consumers have seen.

Once wealthy people favoured mostly how than the margins are in wine making they once an. An obvious move is to buy wine in bulk, re-packaging and ship it. The result is my number of labels like Layer Cake and The Seeker, new style neoplatonists who seek producers in foreign countries and blend the wine.

If you're a devoted Malbec person you are probably wedded to Argentinian wines. I'm not sure that is the smartest move at the moment as I find them somewhat critically priced for the quality they offer. However, some of the Malbecs are going to taste like me.

One possibility is to treat a neoplatonist to choose for you. The Seeker has put orders the market here with an inexpensive Malbec wine that may suit people looking for a sort of secondary quality control to their taste buds.

It's a pleasant wine, not terribly intense, with a black cherry palate and a peppery finish. It is probably more than intense enough for



languages still in their 30s, although I'm not sure it will appeal to folks in their 40s. The palate is dry, probably around five grams sugar per litre, with a dash of 'Bordeaux' and 'Gaudin' Sauvignon in private wine structure.

If you're determined to drink only from Argentinians, this is a reasonable wine at an excellent price.

The Seeker Malbec, \$15 ***
Wine and other beverages in Monday's paper and on Twitter @jbroose

Crossword/Sudoku answers

DADE	JUMP	NEWAT
ITON	ORCA	ACELA
SWORDHILL	POTOK	
CORAIN	ITA	THEE
ORIGAMI	IGLOO	
SAFE	UND	RANOFF
	DRIGER	TEDDY
SEA	TRANHIT	SRI
PURSE	STIGES	
ARM	IT	WAS
YEDWS	STREETS	
NOWA	DID	MIPSAT
SHAKE	BARCATCH	
FESTA	ONYX	SEEM
WAND	DEET	TRYA

2	8	5	3	9	4	1	6	7
1	4	7	6	8	5	3	9	2
6	9	3	2	7	1	8	4	5
5	1	9	7	3	8	4	2	6
8	3	2	4	5	6	7	1	9
4	7	6	9	1	2	5	8	3
7	2	1	5	4	9	6	3	8
9	5	8	1	6	3	2	7	4
3	6	4	8	2	7	9	5	1



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The StarPhoenix invites you to attend our thrilling *fashionista* fashion show, Thursday, May 3, at Mano's Restaurant on Eighth Street. See spring fresh fashions from Saskatoon's leading retailers. Admission is free!

Guests will also receive an entry form to win a *contour-cade* hauler from L.A. designer Home Lou, plus a \$100 gift certificate — all compliments of *thema's* hair, footwear and accessories.

FASHIONS BY:

Anthony's Fashion for Men
Canada's Fine Furniture & Accessories
Canardo
Dan's Distinction Men's Apparel
Ethical Flynn Ltd.
Grasso
John & Lee
Kennedy Design
Madison Place
Sevens Apparel
Step Ahead Store
The Mall at Lincoln Heights
Vanna Sales & Spa

Professional models supplied by The Modeling
Company agency provided by Living Miss International.

EVENTS

MAY 2 - 3

The Sundbox in the City will hold its 5th annual "Black Hanger Sale". Friday, May 2 and Saturday, May 3 from 10 a.m. to 6 p.m., in conjunction with Broadway Art Fest 2012/ Carnegie Film Fest (May 3). Fashioners regularly priced up to \$299 will be marked down to \$74.99 and under! Visit The Sundbox in the City at the corner of Broadway and Ninth.

MAY 2 - 4

Update your wardrobe during *Toni's* Summer Fashion Weekend (May 2 to 4) and the *Parasutano* Sale (May 3 to 11) taking place in-store and on-line. *Toni's* offers two stylish locations in Saskatoon: 122 Second Avenue North and 802B 16th Street (off Broadway).

MAY 3

Better Off Dads invites you to join in the excitement of Customer Appreciation Day, on Saturday, May 3. Visit Better Off Dads at 510A — 33rd Street West.

MAY 5 - 10

Julie & Lane celebrates their second anniversary with a *Customer Appreciation Sale* from Monday, May 5 to Saturday, May 10. Each day of the week will feature a different sale, give aways, refreshments, snacks and possibly a fashion show on Saturday! Julie & Lane brings fashion forward style to University Heights, at 118-1844 McDonald Drive.

MAY 8 - 10

Visit *Genetics* in Scotts Centre for Spring Fashion Week savings. Buy one regular priced item and receive a second piece at 25% off!

MAY 29

Madison Place presents "IN FASHION", in collaboration with the Saskatoon Fashion & Design Festival. It's a fashion extravaganza including style tips, beauty demonstrations, full on makeovers, fashion shows, give aways, swing bags and one day only retail store discounts! For details, visit *Madison Place's* website or check us on Facebook.

MAY 29 - JUNE 1

The Saskatoon Fashion & Design Festival returns celebrating the theme "Diversity in Fashion." Special events include "IN FASHION at *Madison Place*" (May 29), *SEW Industry Make* at *Green Ark Collective House* (May 30), *SEW Runway Show* at *Mercedes-Benz Saskatoon* (May 31), *SEW Fair* at *River Landing Amphitheatre* (June 1). For complete details, visit www.saskfashion.com.

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MAY 1ST - MAY 28TH

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Electronic Dual Cool[®] Temperature
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INSTANT REBATE!**

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Induction Cooking Technology
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**BUILT-IN
TALL TUB
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**AFTER
INSTANT REBATE!**

14 Place Place Setting
Capacity
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REFRIGERATOR**

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**AFTER
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19 cu. ft. Capacity
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Clear Pull Wire-Bell Drawer
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**FREESTANDING SELF-CLEAN
ELECTRIC RANGE**

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INSTANT REBATE!**

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Warming Zone
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Wendnesday, May 3, 2017

Wendnesday, May 3, 2017

appliance world

242-8363

43rd St. E & 1st Ave. N. (at blocks N. of Circle K)

Sundays Noon-4:30 pm

43rd STREET	43rd STREET	43rd STREET
1st AVE N	1st AVE N	1st AVE N
Circle K	Circle K	Circle K

43rd STREET	43rd STREET	43rd STREET
1st AVE N	1st AVE N	1st AVE N
Circle K	Circle K	Circle K

appliance

955-1444

43rd St. E & Goodwin Ave. Behind Case Hardware

Sundays Noon-4:30 pm

MAY IS
MAYTAG MONTHMAY 1st - MAY 28th

INSTANT REBATE OFFER

SAVE UP TO
\$1700*

\$1798 PAIR

MAXIMA XL™
HIGH EFFICIENCY
TOP-LOADING WASHER
5.0 cu. ft. (DDE) 4.3 Capacity
Capacitive Touch Control
Allergen-Removal Cycles
200071

MAXIMA XL™
STEAM ELECTRIC DRYER
7.4 cu. ft. Capacity
Steam-Enhanced Dryer Cycle
Static Reduce Option
200071



\$1498 PAIR

BRAVO S XL™
HIGH EFFICIENCY
TOP-LOADING WASHER
3.5 cu. ft. (DDE) 4.3 Capacity
PowerWash™ Cycle
SmartClean™ Lid
200071

BRAVO S XL™
ELECTRIC STEAM DRYER
3.3 cu. ft. Capacity
Advanced Moisture Sensing
Technology
Sensor Cycle
200071



\$1198 PAIR

BRAVO S XL™
HIGH EFFICIENCY
TOP-LOADING WASHER
5.2 cu. ft. (DDE) 4.3 Capacity
Standard Steel Wash Drum
Cycle Status Display
200071

BRAVO S XL™
ELECTRIC DRYER
7.3 cu. ft. Capacity
High Efficiency Sensor Drying
Wrinkle Protect Option
200071



\$1098 PAIR

BRAVO X™
HIGH EFFICIENCY
TOP-LOADING WASHER
4.4 cu. ft. (DDE) 3.0 Capacity
Low Water Wash with
EcoSensor™
Deep Wash and Rinse Cycle
200071

BRAVO X™
ELECTRIC DRYER
7.0 cu. ft. Capacity IntelliDry™
Sensor Smooth Balance™
Suspension System
200071



\$658 PAIR

TOP LOAD WASHER
4.2 cu. ft. (DDE) Capacity
3 Water Levels
Cycle Status Light
100001

ELECTRIC DRYER
7.5 cu. ft. Capacity
Automatic Drying
System
End of Cycle Signal
100001

PRICE
GUARANTEE⁺WE TAKE
PRICE PROTECTION
ONE STEP FURTHER!

All our products come with a 5-year
warranty - which means if you find a
cheaper price for 30 days after purchase
we'll refund 100% of the difference.
What's a deal?

Load Capacity	ANYWARE WORLD	2
Power Module		1
Dark Mode		

appliance world

242-8363

43rd St. E. & 1st Ave. N. (2 blocks N. of Circle K)
Sundays Noon-4:30 pm

DRYER CYCLE	Supersize
Can Be Installed	Yes
WARRANTY	5 YEAR

appliance

955-1444

8th St. E. & Goodwin Ave. Behind Cove Restaurant
Sundays Noon-4:30 pm